Name:

Date:

Period:

**Eighth Grade Social and Emotional Health**

**Vocabulary Assessment**

**KEY**

**Directions:** Fill in the blank with the correct vocabulary word.

**Depression Self image**

**Distress Stressor**

**Diversity Stigma**

**Emotional health**  **Suicide**

**Self-awareness Social health**

**Eustress Wellness**

**Self-efficacy**

1.) **Depression**: Feelings of hopelessness and intense sadness that last for more than a few weeks.

2.) **Stigma**: Social disapproval of personal characteristics that go against cultural and social norms.

3.) **Distress**: Stress that is unhealthy and often not helpful.

4.) **Emotional Health**: The ability to cope or deal with one’s emotions.

5.) **Self-efficacy**: The belief that one is capable of achieving certain tasks or goals.

6.) **Eustress**: Stress that is healthy and motivates positive actions.

7.) **Suicide**: The act of intentionally taking one’s own life.

8.) **Social health**: The ability to get along with others in one’s environment.

9.) **Wellness**: A state of well-being or total health.

10.) **Self-awareness**: An awareness of one's own personality or individuality.

11.) **Diversity**: Variety; differing from one or another.

12.) **Stressor**: Anything that causes stress.

13.) **Self image**: A person’s view of himself or herself.